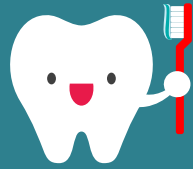


# Ha harhdamten kilkhawinak



Zingtin zantin na ha, hani le lei kha hasi  
thawn tha ten rawt aw



Thingthei rah le hanghnah hang rah  
nitin ei tam aw

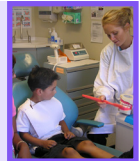
Sun ah rawl le cephnem hmanhman in ei aw



Inding lakah tidai kha thupi bikin in  
ringring aw



Ha cek-up tuah awla ha na lole hani thi  
tivek a um le ha sibawi zohter aw



Tawngtin Harhdamnak thu hla theihternak zoh aw  
[www.mhcs.health.nsw.gov.au](http://www.mhcs.health.nsw.gov.au)

ṭawng lettu hawlnak le tuamhlawmawknak hawl dingih  
bawmtu na ṭul asile, Tawngletnak le Simfiamnak Hna  
(TIS) 13 14 50 ah ko aw.



Ha lam  
thuttheihternak  
hrangah scan aw